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**Table 1.** Training schedule and data collection protocol, identical across the entire fourteen-day period. Times in parentheses represents length of the training session or data collection period. The training schedule represents a typical pre-season training period.

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>AM</b>	RMR (06:30 – 11:00)	Snap-N-Send (00:00 – 00:00)	Snap-N-Send (00:00 – 00:00)	Snap-N-Send (00:00 – 00:00)	Snap-N-Send (00:00 – 00:00)	Snap-N-Send (00:00 – 00:00)	
	BASELINE URINE (06:30 – 11:00)						
	ANTHROPOMETRIC HEIGHT & BODY MASS (06:30 – 11:00)	RESISTANCE TRAINING & FIELD TRAINING (06:30 – 07:30)	REST	REST	REST	RESISTANCE TRAINING & FIELD TRAINING (06:30 – 07:30)	RESISTANCE TRAINING & FIELD TRAINING (09:00 – 11:30)
	DLW DOSE (06:30 – 11:00)						
	URINE SAMPLE (07:30 – 11:00)						
<b>PM</b>	REST	REST	RESISTANCE TRAINING & FIELD TRAINING (16:00 – 18:30)	REST	RESISTANCE TRAINING & FIELD TRAINING (16:00 – 18:30)	REST	REST
	URINE SAMPLE (22:00)	URINE SAMPLE (22:00)	URINE SAMPLE (22:00)	URINE SAMPLE (22:00)	URINE SAMPLE (22:00)	URINE SAMPLE (22:00)	URINE SAMPLE (22:00)

**Table 2.** Individual participant values for average resting metabolic rate (RMR), total energy expenditure (TEE), physical activity level (PAL) and starting body mass (BM) across the fourteen-day assessment period.

<b>Player</b>	<b>RMR (MJ·day<sup>-1</sup>)</b>	<b>TEE (MJ·day<sup>-1</sup>)</b>	<b>TEE (MJ·BM·day<sup>-1</sup>)</b>	<b>PAL</b>	<b>BM (kg)</b>
1 (LF)	8.70	17.04	0.20	2.0	83.1
2 (PF)	13.15	19.34	0.18	1.5	103.4
3 (HB)	9.50	16.30	0.22	1.7	71.8
4 (H)	12.08	17.15	0.20	1.4	83.8
5 (PF)	14.00	24.13	0.22	1.7	107.3
6 (W)	9.27	16.17	0.21	1.7	74.9

Player positions are shown in brackets for players. LF=Loose Forward, PF=Prop Forward, HB=Half Back, H=Hooker and W=Winger.

**Table 3.** Individual participant values for energy intake, total energy expenditure (TEE), inferred energy balance and observed body mass (BM) change across the non-consecutive ten-day assessment period. Player positions are shown in brackets for players. LF=Loose Forward, PF=Prop Forward, HB=Half Back, H=Hooker and W=Winger.

<b>Player</b>	<b>Energy Intake (MJ·day<sup>-1</sup>)</b>	<b>TEE (MJ·day<sup>-1</sup>)</b>	<b>Inferred Energy Balance (MJ·day<sup>-1</sup>)</b>	<b>Observed BM Change (kg)</b>
1 (LF)	17.24	18.18	-0.94	-1.5
2 (PF)	16.42	19.81	-3.39	-1.5
3 (HB)	18.24	16.13	2.11	0.5
4 (H)	16.49	16.38	0.11	-0.2
5 (PF)	17.54	23.90	-6.36	-0.8
6 (W)	14.42	16.08	-1.66	-0.4